

Bib	Overall Position	Name	Guntime	Chiptime	Category	Category Position	Team / Club	Gender	Gender Position	Avg speed	Avg pace	Status
3012	1	Maccsen Toogood	00:10:21	00:10:21	MSEN	1		m	1	17.39	03:27	Finished
3174	2	Henry Dawes	00:10:33	00:10:33	MSEN	2		m	2	17.06	03:31	Finished
3208	3	Ifan Bowen	00:10:37	00:10:37	MSEN	3		m	3	16.95	03:32	Finished
3134	4	Iwan Thomas	00:10:42	00:10:42	MSEN	4		m	4	16.82	03:34	Finished
3230	5	Ollie George	00:10:57	00:10:57	MSEN	5		m	5	16.44	03:39	Finished
3094	6	Steffan Davies	00:10:59	00:10:59	MSEN	6		m	6	16.39	03:40	Finished
3020	7	Jay Hunt	00:11:05	00:11:05	MSEN	7		m	7	16.24	03:42	Finished
3235	8	Oliver Patterson	00:11:05	00:11:05	MSEN	8	Swansea Harriers	m	8	16.24	03:42	Finished
3121	9	Jake Lynock	00:11:10	00:11:10	MSEN	9		m	9	16.12	03:43	Finished
3026	10	Matthew Lewis	00:11:11	00:11:11	MSEN	10		m	10	16.1	03:44	Finished
3042	11	Jac Jones	00:11:19	00:11:19	MSEN	11		m	11	15.91	03:46	Finished
3207	12	Jack Thomas	00:11:21	00:11:21	MSEN	12		m	12	15.86	03:47	Finished
3184	13	William Redway-thomas	00:11:28	00:11:28	MSEN	13		m	13	15.7	03:49	Finished
3219	14	Matt Gudgeon	00:11:28	00:11:28	MSEN	14		m	14	15.7	03:49	Finished
3191	15	Jonathan Davies	00:11:29	00:11:29	MSEN	15		m	15	15.67	03:50	Finished
3041	16	Owain Clark	00:11:35	00:11:35	MSEN	16		m	16	15.54	03:52	Finished
3104	17	Vaughn Hughes	00:11:36	00:11:36	MSEN	17		m	17	15.52	03:52	Finished
3055	18	Aron Asher	00:11:38	00:11:38	MSEN	18		m	18	15.47	03:53	Finished
3082	19	Morgan Willis	00:11:39	00:11:39	MSEN	19		m	19	15.45	03:53	Finished
3016	20	Amy Greatrick	00:11:39	00:11:39	FSEN	1		f	1	15.45	03:53	Finished
3056	21	Rhydian Payne	00:11:44	00:11:44	MSEN	20		m	20	15.34	03:55	Finished
3216	22	Kara Bennett	00:11:48	00:11:48	FSEN	2		f	2	15.25	03:56	Finished
3225	23	Dafydd King	00:11:49	00:11:49	MSEN	21		m	21	15.23	03:56	Finished
3182	24	Mai Davies	00:11:50	00:11:50	FSEN	3		f	3	15.21	03:57	Finished
3014	25	Daniel Davies	00:11:55	00:11:55	MSEN	22		m	22	15.1	03:58	Finished
3142	26	Alice Davies	00:11:56	00:11:56	FSEN	4		f	4	15.08	03:59	Finished
3033	27	Chloe Hartley-green	00:12:02	00:12:02	FSEN	5		f	5	14.96	04:01	Finished
3161	28	Jenson Morris	00:12:11	00:12:11	MSEN	23		m	23	14.77	04:04	Finished
3172	29	Joshua Pritchard	00:12:11	00:12:11	MSEN	24		m	24	14.77	04:04	Finished
3204	30	Jed Howard-jones	00:12:25	00:12:25	MSEN	25		m	25	14.5	04:08	Finished
3034	31	Sophie Hartley-green	00:12:28	00:12:28	FSEN	6		f	6	14.44	04:09	Finished
3122	32	Erin Morgan	00:12:33	00:12:33	FSEN	7		f	7	14.34	04:11	Finished
3129	33	Alyssa Baker	00:12:44	00:12:44	FSEN	8		f	8	14.14	04:15	Finished
3154	34	Liam Evans	00:12:50	00:12:50	MSEN	26		m	26	14.03	04:17	Finished
3139	35	Ethan Jones	00:13:03	00:13:03	MSEN	27		m	27	13.79	04:21	Finished
3120	36	Esme Lynock	00:13:06	00:13:06	FSEN	9		f	9	13.74	04:22	Finished
3143	37	Gabriel Salvatore	00:13:13	00:13:13	MSEN	28		m	28	13.62	04:24	Finished
3067	38	Jack Maclean	00:13:19	00:13:19	MSEN	29		m	29	13.52	04:26	Finished
3203	39	Jakob Howard-jones	00:13:21	00:13:21	MSEN	30		m	30	13.48	04:27	Finished
3188	40	Saul Otteson	00:13:22	00:13:22	MSEN	31		m	31	13.47	04:27	Finished
3006	41	Matthew Cox	00:13:24	00:13:24	MSEN	32		m	32	13.43	04:28	Finished
3025	42	Chloe Lewis	00:13:26	00:13:26	FSEN	10		f	10	13.4	04:29	Finished
3028	43	Adam Alder	00:13:30	00:13:30	MSEN	33		m	33	13.33	04:30	Finished
3218	44	James Gudgeon	00:13:36	00:13:36	MSEN	34		m	34	13.24	04:32	Finished
3186	45	Keelan Braidwood	00:13:40	00:13:40	MSEN	35		m	35	13.17	04:33	Finished
3013	46	Lewis Evans	00:13:42	00:13:42	MSEN	36		m	36	13.14	04:34	Finished
3095	47	Caian Lewis	00:13:43	00:13:43	MSEN	37		m	37	13.12	04:34	Finished
3066	48	Jack Hicks	00:13:48	00:13:48	MSEN	38		m	38	13.04	04:36	Finished
3156	49	Ilhan Mazhar	00:13:50	00:13:50	MSEN	39		m	39	13.01	04:37	Finished
3078	50	Amy Tucker	00:13:55	00:13:55	FSEN	11		f	11	12.93	04:38	Finished
3118	51	Gwenan Fflur Jones	00:13:58	00:13:58	FSEN	12		f	12	12.89	04:39	Finished
3171	52	Malachi Williams	00:14:05	00:14:05	MSEN	40		m	40	12.78	04:42	Finished
3011	53	Grace Toogood	00:14:10	00:00:00	FSEN	13		f	13			Finished
3223	54	Carys Lewis-hopkins	00:14:12	00:14:12	FSEN	14		f	14	12.68	04:44	Finished
3193	55	Lili Wade	00:14:13	00:14:13	FSEN	15		f	15	12.66	04:44	Finished
3046	56	Joseph Pyke	00:14:19	00:14:19	MSEN	41		m	41	12.57	04:46	Finished
3073	57	Max Williams	00:14:19	00:14:19	MSEN	42		m	42	12.57	04:46	Finished
3177	58	Sonny Desmond	00:14:21	00:14:21	MSEN	43		m	43	12.54	04:47	Finished
3132	59	Maksymilian Figurski	00:14:23	00:14:23	MSEN	44		m	44	12.51	04:48	Finished
3145	60	Brook Evans	00:14:27	00:14:27	MSEN	45		m	45	12.46	04:49	Finished
3198	61	Iewan Marks	00:14:29	00:14:29	MSEN	46		m	46	12.43	04:50	Finished
3199	62	Kian Logan	00:14:29	00:14:29	MSEN	47		m	47	12.43	04:50	Finished
3126	63	Dylan Gibbs	00:14:34	00:14:34	MSEN	48		m	48	12.36	04:51	Finished
3201	64	Carys Williams	00:14:38	00:14:38	FSEN	16		f	16	12.3	04:53	Finished
3147	65	Joseph Hier	00:14:40	00:14:40	MSEN	49		m	49	12.27	04:53	Finished
3032	66	Hywel Evans	00:14:45	00:14:45	MSEN	50		m	50	12.2	04:55	Finished
3166	67	Maisie James	00:14:47	00:14:47	FSEN	17		f	17	12.18	04:56	Finished
3135	68	Rokko Mccarley	00:14:51	00:14:51	MSEN	51		m	51	12.12	04:57	Finished
3029	69	Osian Davies	00:14:53	00:14:53	MSEN	52		m	52	12.09	04:58	Finished
3115	70	Arthur Hunt	00:15:04	00:15:04	MSEN	53		m	53	11.95	05:01	Finished
3236	71	Jack Wells	00:15:09	00:15:09	MSEN	54		m	54	11.88	05:03	Finished
3024	72	George Bowers	00:15:11	00:15:11	MSEN	55		m	55	11.86	05:04	Finished
3211	73	Joseph Williams	00:15:13	00:15:13	MSEN	56		m	56	11.83	05:04	Finished
3076	74	Tom Maclean	00:15:16	00:15:16	MSEN	57		m	57	11.79	05:05	Finished
3212	75	Lucas Norman	00:15:18	00:15:18	MSEN	58		m	58	11.76	05:06	Finished
3071	76	Mason Grant	00:15:21	00:15:21	MSEN	59		m	59	11.73	05:07	Finished
3061	77	Charlie Barnsley	00:15:21	00:15:21	MSEN	60		m	60	11.73	05:07	Finished
3085	78	Sophie L	00:15:25	00:15:25	FSEN	18		f	18	11.68	05:08	Finished
3175	79	Jersey Desmond	00:15:28	00:15:28	MSEN	61		m	61	11.64	05:09	Finished
3190	80	Tabitha Ventress-brett	00:15:30	00:15:30	FSEN	19		f	19	11.61	05:10	Finished
3068	81	Kian Truelove	00:15:33	00:15:33	MSEN	62		m	62	11.58	05:11	Finished
3087	82	Tomos Williams	00:15:34	00:15:34	MSEN	63		m	63	11.56	05:11	Finished
3209	83	Sean Wood	00:15:36	00:15:36	MSEN	64		m	64	11.54	05:12	Finished
3130	84	Berko Hoshman	00:15:36	00:15:36	MSEN	65		m	65	11.54	05:12	Finished
3038	85	Benjamin Hyett	00:15:38	00:15:38	MSEN	66		m	66	11.51	05:13	Finished
3124	86	Isabelle Davies	00:15:38	00:15:38	FSEN	20		f	20	11.51	05:13	Finished
3220	87	Leon Isaac	00:15:39	00:15:39	MSEN	67		m	67	11.5	05:13	Finished
3125	88	Toby Phillips	00:15:40	00:15:40	MSEN	68		m	68	11.49	05:13	Finished
3185	89	Jack Jones	00:15:43	00:15:43	MSEN	69		m	69	11.45	05:14	Finished
3069	90	Lucas Parkhouse	00:15:45	00:15:45	MSEN	70		m	70	11.43	05:15	Finished
3238	91	Sam Cain	00:15:52	00:15:52	MSEN	71		m	71	11.34	05:17	Finished
3110	92	Cali Davies	00:15:53	00:15:53	FSEN	21		f	21	11.33	05:18	Finished
3002	93	Megan Mahoney	00:15:56	00:00:00	FSEN	22	Admiral	f	22			Finished
3136	94	Alfie Moruzzi-jones	00:15:57	00:15:57	MSEN	72		m	72	11.29	05:19	Finished
3200	95	Zihan Lin	00:15:58	00:15:58	FSEN	23		f	23	11.27	05:19	Finished
3077	96	Emily Tucker	00:15:58	00:15:58	FSEN	24		f	24	11.27	05:19	Finished
3224	97	Amelie Campion	00:16:04	00:16:04	FSEN	25		f	25	11.2	05:21	Finished
3229	98	Ryan Davies	00:16:06	00:16:06	MSEN	73		m	73	11.18	05:22	Finished
3074	99	Oliver Hopkins	00:16:08	00:16:08	MSEN	74		m	74	11.16	05:23	Finished

3062	100	Arianna Protheroe	00:16:10	00:16:10	FSEN	26		f	26	11.13	05:23	Finished
3178	101	Nat Harris-smith	00:16:11	00:16:11	FSEN	27		f	27	11.12	05:24	Finished
3213	102	Ethan Marc Rawle	00:16:14	00:16:14	FSEN	28		f	28	11.09	05:25	Finished
3080	103	Max Williams	00:16:19	00:16:19	MSEN	75		m	75	11.03	05:26	Finished
3233	104	Nina Leigh	00:16:23	00:16:23	FSEN	29		f	29	10.99	05:28	Finished
3163	105	Efa Williams	00:16:26	00:16:26	FSEN	30		f	30	10.95	05:29	Finished
3037	106	Mia Tesho	00:16:30	00:16:30	FSEN	31		f	31	10.91	05:30	Finished
3239	107	Ellis White	00:16:31	00:16:31	MSEN	76		m	76	10.9	05:30	Finished
3189	108	Carla Sneddon	00:16:33	00:16:33	FSEN	32		f	32	10.88	05:31	Finished
3170	109	Eden Williams	00:16:36	00:16:36	FSEN	33		f	33	10.84	05:32	Finished
3187	110	Esme Barclay	00:16:45	00:16:45	FSEN	34		f	34	10.75	05:35	Finished
3065	111	Henry Jones	00:16:48	00:16:48	MSEN	77		m	77	10.71	05:36	Finished
3021	112	Joshua Sullivan	00:16:52	00:16:52	MSEN	78		m	78	10.67	05:37	Finished
3005	113	Thomas Walsh	00:16:53	00:16:53	MSEN	79		m	79	10.66	05:38	Finished
3226	114	Luke Johnson	00:16:54	00:16:54	MSEN	80		m	80	10.65	05:38	Finished
3123	115	Dylan Davies	00:16:55	00:16:55	MSEN	81		m	81	10.64	05:38	Finished
3144	116	Nathaniel Salvatore	00:16:58	00:16:58	MSEN	82		m	82	10.61	05:39	Finished
3116	117	Emily Hunt	00:16:58	00:16:58	FSEN	35		f	35	10.61	05:39	Finished
3054	118	Rhys Davies	00:17:08	00:17:08	MSEN	83		m	83	10.51	05:43	Finished
3053	119	Emily Mills	00:17:10	00:17:10	FSEN	36		f	36	10.49	05:43	Finished
3160	120	Aled Malpas	00:17:15	00:17:15	MSEN	84		m	84	10.43	05:45	Finished
3022	121	Catrin Chowdhury	00:17:23	00:17:23	FSEN	37		f	37	10.35	05:48	Finished
3205	122	Harry Miles	00:17:27	00:17:27	MSEN	85		m	85	10.32	05:49	Finished
3111	123	Harrison Jenkins	00:17:32	00:17:32	MSEN	86		m	86	10.27	05:51	Finished
3231	124	Poppy Roberts	00:17:34	00:17:34	FSEN	38		f	38	10.25	05:51	Finished
3140	125	Archie Griffiths	00:17:37	00:17:37	MSEN	87		m	87	10.22	05:52	Finished
3210	126	Jasmin Yoganathan	00:17:37	00:17:37	FSEN	39		f	39	10.22	05:52	Finished
3112	127	Tait Jenkins	00:17:39	00:17:39	MSEN	88		m	88	10.2	05:53	Finished
3155	128	Anwen O'brien	00:17:44	00:17:44	FSEN	40		f	40	10.15	05:55	Finished
3048	129	Isabel Jones	00:17:46	00:17:46	FSEN	41		f	41	10.13	05:55	Finished
3119	130	Miriam Brown	00:17:46	00:17:46	FSEN	42		f	42	10.13	05:55	Finished
3049	131	Anna Sartori	00:17:47	00:17:47	FSEN	43		f	43	10.12	05:56	Finished
3072	132	Matteo Gammaldoni	00:17:53	00:17:53	MSEN	89		m	89	10.07	05:58	Finished
3159	133	Grace Webb	00:17:54	00:17:54	FSEN	44		f	44	10.06	05:58	Finished
3079	134	Seren Tidy	00:17:54	00:17:54	FSEN	45		f	45	10.06	05:58	Finished
3103	135	Paige Hughes	00:18:08	00:18:08	FSEN	46		f	46	9.93	06:03	Finished
3215	136	Evan Neal	00:18:20	00:18:20	MSEN	90		m	90	9.82	06:07	Finished
3217	137	Sophie Barber	00:18:22	00:18:22	FSEN	47		f	47	9.8	06:07	Finished
3030	138	Louis Tilley	00:18:25	00:18:25	MSEN	91		m	91	9.77	06:08	Finished
3179	139	Sean Martin	00:18:28	00:18:28	MSEN	92		m	92	9.75	06:09	Finished
3064	140	Dylan Richards	00:18:32	00:18:32	MSEN	93		m	93	9.71	06:11	Finished
3070	141	Mandikudza (charlie) Mupita	00:18:36	00:18:36	MSEN	94		m	94	9.68	06:12	Finished
3157	142	Taryn Sainsbury	00:18:38	00:18:38	FSEN	48		f	48	9.66	06:13	Finished
3044	143	Daniel Davies	00:18:51	00:18:51	MSEN	95		m	95	9.55	06:17	Finished
3010	144	Jacob Harris	00:19:00	00:19:00	MSEN	96		m	96	9.47	06:20	Finished
3234	145	Cerys Nutt	00:19:02	00:19:02	FSEN	49		f	49	9.46	06:21	Finished
3206	146	Robert Wakely	00:19:07	00:19:07	MSEN	97		m	97	9.42	06:22	Finished
3181	147	Harry Carr	00:19:15	00:19:15	MSEN	98		m	98	9.35	06:25	Finished
3035	148	Seth Thomas	00:19:15	00:19:15	MSEN	99		m	99	9.35	06:25	Finished
3180	149	Georgia Carr	00:19:22	00:19:22	FSEN	50		f	50	9.29	06:27	Finished
3241	150	Mya Piyadasa	00:19:26	00:19:26	FSEN	51	Admiral	f	51	9.26	06:29	Finished
3108	151	Kian Wong	00:19:38	00:19:38	MSEN	100		m	100	9.17	06:33	Finished
3015	152	Llyr Thomas	00:19:46	00:19:46	MSEN	101		m	101	9.11	06:35	Finished
3133	153	Garin Rees	00:19:49	00:19:49	MSEN	102		m	102	9.08	06:36	Finished
3084	154	Edward Mahoney	00:19:50	00:00:00	MSEN	103		m	103			Finished
3017	155	Stella Vollum	00:19:50	00:19:50	FSEN	52		f	52	9.08	06:37	Finished
3004	156	Carys Walsh	00:19:50	00:19:50	FSEN	53		f	53	9.08	06:37	Finished
3169	157	Eden Williams	00:19:54	00:19:54	FSEN	54		f	54	9.05	06:38	Finished
3227	158	Lincoln Russ	00:19:54	00:19:54	MSEN	104		m	104	9.05	06:38	Finished
3040	159	Rhiannon Clark	00:19:56	00:19:56	MSEN	105		m	105	9.03	06:39	Finished
3001	160	Ellie Howells	00:20:01	00:20:01	FSEN	55	Admiral	f	55	8.99	06:40	Finished
3051	161	Addie Williams	00:20:03	00:20:03	FSEN	56		f	56	8.98	06:41	Finished
3052	162	Libby Rees	00:20:03	00:20:03	FSEN	57		f	57	8.98	06:41	Finished
3101	163	Luciann Evans	00:20:14	00:20:14	FSEN	58		f	58	8.9	06:45	Finished
3086	164	Mati Williams	00:20:15	00:20:15	FSEN	59		f	59	8.89	06:45	Finished
3113	165	Megan Barker	00:20:21	00:20:21	FSEN	60		f	60	8.85	06:47	Finished
3047	166	Harrison Jones	00:20:24	00:20:24	MSEN	106		m	106	8.82	06:48	Finished
3031	167	Joshua Hook	00:20:26	00:20:26	MSEN	107		m	107	8.81	06:49	Finished
3173	168	Evan Griffiths	00:20:26	00:20:26	MSEN	108		m	108	8.81	06:49	Finished
3003	169	Grace Andrews	00:20:32	00:20:32	FSEN	61	Admiral	f	61	8.77	06:51	Finished
3194	170	Ula Padfield	00:20:53	00:20:53	FSEN	62		f	62	8.62	06:58	Finished
3060	171	Owain James	00:21:18	00:21:18	MSEN	109		m	109	8.45	07:06	Finished
3100	172	Freya Walters	00:21:19	00:21:19	FSEN	63		f	63	8.44	07:06	Finished
3059	173	Catrin James	00:21:24	00:21:24	FSEN	64		f	64	8.41	07:08	Finished
3098	174	Luchia Bailey	00:22:01	00:22:01	FSEN	65		f	65	8.18	07:20	Finished
3043	175	Mali Gill	00:22:02	00:22:02	FSEN	66		f	66	8.17	07:21	Finished
3039	176	Niamh Hyett	00:22:10	00:22:10	FSEN	67		f	67	8.12	07:23	Finished
3162	177	Tiegan Parry	00:22:14	00:22:14	FSEN	68		f	68	8.1	07:25	Finished
3058	178	Lexi Davies	00:22:18	00:22:18	FSEN	69		f	69	8.07	07:26	Finished
3057	179	Leland Davies	00:22:52	00:22:52	MSEN	110		m	110	7.87	07:37	Finished
3083	180	Hannah Tucker	00:23:15	00:23:15	FSEN	70		f	70	7.74	07:45	Finished
3099	181	Erin Walters	00:24:11	00:24:11	FSEN	71		f	71	7.44	08:04	Finished
3192	182	Eve Palfrey	00:24:11	00:24:11	FSEN	72		f	72	7.44	08:04	Finished
3097	183	Nathan Coleman	00:24:19	00:24:19	MSEN	111		m	111	7.4	08:06	Finished
3214	184	Ben Fenwick	00:24:33	00:24:33	MSEN	112		m	112	7.33	08:11	Finished
3102	185	Lily Mullen	00:24:55	00:24:55	FSEN	73		f	73	7.22	08:18	Finished
3221	186	Lowri Isaac	00:29:15	00:29:15	FSEN	74		f	74	6.15	09:45	Finished